

*"I am a strong believer in the Western philosophy of success, of progress, of getting rich."*

# The American Dream

ARNOLD  
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Call me Arnold.

I was born in a little Austrian town, outside Graz. It was a 300-year-old house.

When I was ten years old, I had the dream of being the best in the world in something. When I was fifteen, I had a dream that I wanted to be the best body builder in the world and the most muscular man. It was not only a dream I dreamed at night. It was also a daydream. It was so much in my mind that I felt it had to become a reality. It took me five years of hard work. Five years later, I turned this dream into reality and became Mr. Universe, the best-built man in the world.

"Winning" is a very important word. There is one that achieves what he wanted to achieve and there are hundreds of thousands that failed. It singles you out: the winner.

When I was a small boy, my dream was not to be big physically, but big in a way that everybody listens to me when I talk, that I'm a very important person, that people recognize me and see me as something special. I had a big need for being singled out.

Also my dream was to end up in

America. When I was ten years old, I dreamed of being an American. At the time I didn't know much about America, just that it was a wonderful country. I felt it was where I belonged. I didn't like being in a little country like Austria. I did everything possible to get out. I did so in 1968, when I was twenty-one years old.

One of the things I always had was a business mind. When I was in high school, a majority of my classes were business classes. Economics and accounting and mathematics. When I came over here to this country, I really didn't speak English almost at all. I learned English and then started taking business courses, because that's what America is best known for: business. Turning one dollar into a million dollars in a short period of time. Also when you make money, how do you keep it?

That's one of the most important things, when you have money in your hand, how can you keep it? Or make more out of it? Real estate is one of the best ways of doing that. I own apartment buildings, office buildings, and raw land. That's my love, real estate.

I have emotions. But what you do, you keep them cold or you store them away for a time. You must control your emotions, you must have command over yourself. Three, four months before a competition, I could not be interfered by other people's problems. This is sometimes called selfish. It's the only way you can be if you want to achieve something. Any emotional things inside me, I try to keep cold so it doesn't interfere with my training.

Many times things really touched me. I felt them and I felt sensitive about them. But I had to talk myself out of it. I had to suppress those feelings in order to go on. Sport is one of those activities where you really have to concentrate. You must pay attention a hundred percent to the particular thing you're doing. There must be nothing else on your mind. Emotions must not interfere. Otherwise, you're thinking about your girlfriend. You're in love, your positive energies get channeled into another direction rather than going into your weight room or making money.

California is to me a dreamland. It is the absolute combination of everything I was always looking for. It has all the money in the world there, show business there, wonderful weather there, beautiful country, ocean is there. Snow skiing in the winter, you can go in the desert the same day. You have beautiful-looking people there. They all have a tan.

I believe very strongly in the philosophy of staying hungry. If you have a dream and it becomes a reality, don't stay satisfied with it too long. Make up a new dream and hunt after that one and turn it into reality. When you have that dream achieved, make up a new dream.

I am a strong believer in Western philosophy, the philosophy of success, of progress, of getting rich. The Eastern philosophy is passive, which I believe in maybe three percent of the time, and the ninety-seven percent is Western, conquering and going on. It's a beautiful philosophy, and America should keep it up.